

Název: Nutritional behavior of pupils in selected primary schools in Vlašim

Abstract:

The thesis is divided into theoretical and practical part. I deal with the summary of findings on the effects of nutrition on mental and physical development of children of school age in the theoretical part. It creates their dietary habits, the formation of aversions and preferences for food, social facilitation in the presence of contemporary kids and how to explain the effects on food intake for external or internal conditions.

The aim of the practical part of the thesis is to chart a method of quantitative research (questionnaires). How do kids use eating in the school canteen and how children perceive the environment of the school canteen. Other topics include the monitoring of satisfaction of children in school canteens, which students have preference in the selection of meals and what are their eating habits.

I have chosen my target group of pupils from the first and the second grades of selected elementary schools in Vlašim.

At the end of my thesis I try to recommend ratio of use of fast food, comfort food and traditional food in the diets of school children. Selection and control of food schoolchildren have a direct impact on the health not only from the perspective of the individual, but society as a whole.